

# Newsletter

April/May 2007

## *FREE Golf Wellness Series*

Northern Rehab will be hosting a free health and wellness series at the Kishwaukee YMCA. The next program will be on Thursday May 17th at 6:00 pm. Aaron Nevdal will discuss ways to improve and maintain healthy muscles and joints during the golf season. The program is open to members and non-members of the YMCA, so all are welcome. No RSVP is required.

## *Genoa Office Welcomes New Member*

Nic Kruckenber, an athletic trainer, has recently joined Northern Rehab in our Genoa office. He also works at the Genoa-Kingston H.S. as the head athletic trainer. Nic received his B.S. degree from Augustana and is finishing his Masters of Science degree from Illinois State University.

## *Red Flags for Heart Attck*

- Pain or discomfort in the back, between the shoulder blades, in the neck, the jaw, the left shoulder and/or both arms.
- Shortness of breath.
- Cold Sweats.
- Nausea and/or vomiting.
- Feeling of indigestion.
- Sudden fatigue or weakness.
- Dizziness, light-headedness or fainting.
- Sense of impending doom (especially in women).

If you experience any of the above symptoms for more than five minutes or think you may be having a heart attack call 911 immediately.

If you have family or friends that would be interested in receiving this newsletter please have them e-mail us. We would be happy to add them to our list.

## **Need a College Scholarship???**

In support of our high-schools in the Rochelle and Genoa-Kingston areas, we have scholarships available for graduating high school seniors majoring in a healthcare related profession. Melissa Payne coordinates the scholarship for Genoa-Kingston high school and Tim Dunlop coordinates the Rochelle high school scholarship. For more information or to apply please call 815-756-8524.

### **“QUOTE” CORNER**

“If everybody is hitting a single, nobody has to hit a home-run.”

-Kepp “Steve” Johnson

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## Cancer: Are You at Risk?

Which apply to you?

### 1. Lung:

- I smoke
- I eat fewer than five servings of fruits and vegetables a day
- I have exposure to asbestos, smoke or other pollutants

### 2. Prostate:

- I am over age 70
- I am African-American
- I have close relatives with prostate cancer
- I am more than 20 percent above my healthy weight

### 3. Breast:

- I have close relatives with breast cancer
- I am more than 20 percent above my healthy weight
- I am over age 50
- I have never had children or my first child was after I was 30

### 4. Skin:

- I have had three or more sunburns before I was 20

- I have a fair complexion; blonde or red hair; or freckles
- I have close relatives with skin cancer

### 5. Colorectal:

- I have a personal history of intestinal polyps, ulcerative colitis or colorectal cancer
- I have had cancer of breast, uterine or ovaries
- I have a sit-down job or sedentary lifestyle

**Remember:** The best ways to fight cancer are:

- Know your risks
- Practice prevention
- Get checked if you marked any boxes by your healthcare provider and ask about a screening schedule



If you're thinking about having a child, here is a few tips to make your pregnancy a healthy one:

- Get Checked:** schedule a visit with an obstetrical care provider

### 2. Quit Harmful Substances:

using nicotine, alcohol or other drugs once in awhile or in small doses can potentially harm an unborn child

### 3. Stay Active:

physical fitness reduces stress and helps you lose excess weight before, during and after pregnancy and reduces risk of heartburn, high-blood pressure and gestational diabetes

### 4. Talk to your

**Partner:** work with your partner to discuss expectations and changes in schedules

**5. Eat Right:** eat a balanced diet before you become pregnant. Include protein-rich foods and plenty of folic acid, B vitamins, omega three fatty acids and healthy fats

There are certain aspects of pregnancy you cannot control. Planning ahead can increase the odds of a healthy start for you and your baby.

